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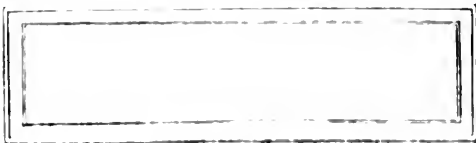
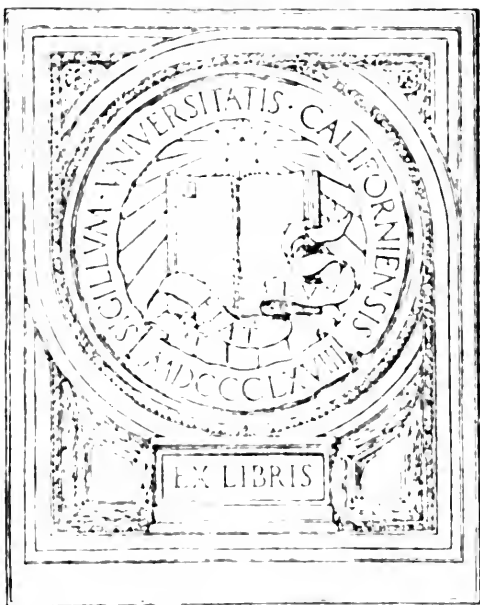
THE SICK

IN THE

MILITARY SERVICE.



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EMERGENCY DIET

FOR THE

SICK IN THE MILITARY SERVICE.

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PREPARED UNDER THE DIRECTION OF

THE SURGEON GENERAL OF THE ARMY,

FOR USE IN THE

COMPANY OF INSTRUCTION, HOSPITAL CORPS,  
WASHINGTON BARRACKS, D. C.,

BY

CAPTAIN EDWARD L. MUNSON,

ASSISTANT SURGEON, U. S. ARMY.

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WASHINGTON:  
GOVERNMENT PRINTING OFFICE,  
1899.

BIO:  
LIBRA

# COURSE IN DIETETICS.

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COMPANY OF INSTRUCTION, HOSPITAL CORPS.

WASHINGTON BARRACKS, D. C.

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## FIRST DAY.

### LIQUID DIET.

Milk:

Sterilized.

Milk punch.

With mineral water.

Albumenized.

Milk, peptonized:

Cold process.

Warm process.

Milk:

Whey.

Junket.

## SECOND DAY.

### LIQUID DIET.

Gruels:

Oatmeal.

Farina.

Rice.

Hard bread.

Arrowroot.

## THIRD DAY.

## LIQUID DIET.

## Drinks:

Lemonade.  
 Orangeade.  
 Eggnog.  
 Egg lemonade.  
 Sherry and egg.  
 Toast water.  
 Coffee.  
 Tea.

## FOURTH DAY.

## LIQUID DIET.

## Broths:

Beef juice.  
 Beef juice, bottled.  
 Beef tea, bottled.  
 Beef tea with hydrochloric acid.  
 Beef broth.  
 Mutton broth.  
 Chicken broth.

## FIFTH DAY.

## REVIEW.

## SIXTH DAY.

## LIGHT DIET.

## Canned soups:

Chicken.  
 Mutton.  
 Beef.  
 Clam broth.



Eggs:

Poached.

Cooked.

Boiled.

Omelet.

Custard.

SEVENTH DAY.

LIGHT DIET.

Toast:

Dry.

Milk.

Oatmeal:

Porridge.

Mush.

Farina:

Porridge.

Mush.

Rice:

Plain boiled.

Steamed.

Milk porridge.

EIGHTH DAY.

LIGHT DIET.

Gelatine:

Lemon jelly.

Coffee jelly.

Wine jelly.

Dried fruit :

Stewed.

Baked.

Fresh fruit :

Stewed.

Baked.

Canned fruit, serving of.

• NINTH DAY.

LIGHT DIET.

Potatoes :

Baked.

Roasted.

Boiled.

Mashed.

Beef :

Scraped.

Broiled.

Chicken :

Stewed.

Minced, on toast.

TENTH DAY.

REVIEW.

ELEVENTH DAY.

THE HOSPITAL STORES.

Beef extract :

Bouillon.

As an addition to soups.

Malted milk.

Chocolate:

As food.

As flavoring.

Arrowroot, blancmange.

Condensed milk, general uses of.

Sugar, general uses of.

#### TWELFTH DAY.

##### THE RATION.

Minimum field, travel and emergency; general uses of.

Hard bread:

General uses of.

Toasted.

Toast water.

Hard-bread gruel.

Hard-bread mush.

Hard-bread as milk toast.

Brown betty.

Bacon:

General uses of.

Broiled.

Fried.

Boiled.

## THIRTEENTH DAY.

## THE RATION

Canned roast beef :

Soup.

Stew.

Hash.

Canned salt beef :

Stew.

Hash.

## FOURTEENTH DAY.

## THE RATION

Rice pudding.

Baked beans :

Soup.

Pea meal :

Soup.

Mush.

Tomatoes :

Soup.

Stewed.

Baked.

## FIFTEENTH DAY.

## REVIEW

## RECIPES.

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The following recipes are planned to include such simple, digestible, appetizing, and readily prepared articles of diet, especially adapted to the needs of the sick, as may be made from the components of the several rations used in the field or on detached service, the foods included in the hospital stores and a few special articles selected for their nutritive value, ease of preparation, palatability, and probable availability under ordinary circumstances. While the number of articles of diet which can be made from these food-stuffs might be considerably augmented, it is believed that the selection made herein is sufficiently ample to meet the requirements of any emergency. Many food materials having a known value in the nourishment of the sick are not included in this list; not because their utility is unrecognized or underestimated, but through the fact that their special characteristics and the conditions of campaign or field service are such that they would probably be unattainable at the time when most to be desired. The Hospital

Corps man should, therefore, in his care of the sick, understand how to make the best use of such articles of food as may be confidently expected to be available, either wholly or in large part, under any conditions under which troops may be required to serve.

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### LIQUID DIET.

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#### STERILIZED MILK.

Pour the milk into a granite saucepan (or a double boiler) and raise temperature of milk to about 190° Fahrenheit. Keep it at this point for one hour. Do not boil the milk. Any utensil used for this purpose must be absolutely clean.

#### MILK PUNCH.

One cup of milk.

Two tablespoonfuls of brandy or whisky.

One teaspoonful of sugar.

Grated nutmeg, to taste.

Sweeten the milk (preferably sterilized) with the sugar. Stir into it the brandy. Shake it up well by pouring from one cup to another.

or by the use of a milk shaker, until a froth is formed. Grate a little nutmeg on top, and serve.

The term "cup" in this recipe, as in all others, means the tea cup, holding eight ounces.

#### MILK WITH MINERAL OR AERATED WATERS.

Mix equal quantities of sterilized milk with seltzer, soda water, or lime water, and serve immediately.

#### ALBUMENIZED MILK.

Beat up the white of an egg till light. Add a good-sized pinch of salt and four ounces of fresh, cool milk which has been sterilized. A little sugar may be added if desired.

#### PEPTONIZED MILK (COLD PROCESS).

Into a clean quart bottle put the contents of one peptonizing tube, mixing it with four ounces of cold water. Add one pint of fresh cold milk, shake thoroughly and place the bottle on ice. Use clean cotton to plug the bottle.

In place of the peptonizing powder, five grains of pepsin and fifteen grains of sodium bicarbonate, to be obtained from the dispensary, may be employed.

## PEPTONIZED MILK (WARM PROCESS).

Into a clean quart jar or bottle put the powder contained in one of the tubes above mentioned, together with four ounces of cold water. Add one pint of fresh milk and shake the whole well. Place the bottle in a pan or kettle of hot water maintained at such a temperature that the hand can just be held in it without discomfort. Keep the bottle in the water for ten minutes. *Put on the ice* immediately after removing from the hot bath to check further digestion. If ice is not available, pour the milk into a saucepan and heat quickly to boiling.

## WHEY.

Warm one pint of milk to about blood heat, 100° Fahrenheit. Dissolve half a rennet tablet in one tablespoonful of cold water. Stir it into the milk and let stand until the latter is curdled, which will be in a few minutes. Break up the curd with a fork and strain off the liquid (whey). This may be sweetened with sugar, and when cooled makes a refreshing drink for fever patients.

## JUNKET.

Heat one pint of fresh unboiled milk to about blood heat, 100° Fahrenheit. Dissolve



a full tablespoonful of sugar in it. Add half a rennet tablet which has been dissolved in one tablespoonful of cold water. It will set the milk in about fifteen minutes. Put in a cool place till ready to be used. It can be served plain, or with cream, sugar, and a little nutmeg.

#### OATMEAL GRUEL.

Two tablespoonfuls of oatmeal. (Rolled oats.)

One pint of water.

One-half teaspoonful of salt.

One teaspoonful of sugar.

Heat the water to boiling. Add the salt and then the oatmeal. Cook it in a saucepan for thirty minutes on the fire or in a double boiler for two hours, then strain through a fine wire strainer or piece of clean gauze. If fresh milk is to be had, use it to flavor; if not, use condensed milk, one teaspoonful to the half pint of gruel.

#### FARINA GRUEL.

One tablespoonful of farina.

One pint of water.

One teaspoonful of sugar.

One-half teaspoonful of salt.

Into one pint of water, raised to boiling, put a half teaspoonful of salt; then add the farina

and cook for twenty minutes. Flavor with sugar and condensed milk, if fresh milk is not available. Strain and serve hot.

In this recipe, as in others, condensed milk is used in a strength of one teaspoonful to the half pint of gruel.

#### RICÉ GRIEL.

Two tablespoonfuls of rice, or  
One tablespoonful of rice flour.  
One pint of boiling water.  
One-half teaspoonful of salt.  
One teaspoonful of sugar.

Wash the rice thoroughly in two waters after removing any specks that may be mixed in the grain. Have the cooking water boiling. Add the salt and then the rice. Boil for two hours, when the rice should be almost entirely dissolved. Strain. Add condensed milk and sugar, if desired. Some persons prefer the use of salt alone.

If ground rice or rice flour is used it should be mixed with cold water before mixing with boiling water and requires but thirty minutes boiling. Flavor with sugar or condensed milk.

#### HARD-BREAD GRIEL.

Toast hard-bread thoroughly and grind it into a powder. To one pint of boiling water, to

which one-half teaspoonful of salt has been added, add two tablespoonfuls of hard-bread powder. Boil ten minutes and then strain. Flavor with one teaspoonful of sugar and one teaspoonful of condensed milk to each cupful of the gruel.

#### ARROWROOT GRUEL.

One tablespoonful of arrowroot.

One pint of hot water.

One teaspoonful of sugar.

One-third teaspoonful of salt.

Wet the arrowroot with two tablespoonfuls of cold water, mixing the salt and sugar with it. Pour on the hot water and boil for twenty minutes, stirring constantly. Arrowroot gruel may be flavored with cinnamon by boiling a small piece in the water with which the gruel is made. Nutmeg, lemon peel, lemon juice, or sherry wine may be used for flavoring; but the sherry should be avoided unless the gruel is to be served cold.

#### LEMONADE.

One lemon.

One tablespoonful of sugar.

One cup of water.

Wash and wipe the lemon. Squeeze the juice into a glass or bowl. Then add the

sugar, pour on the water and strain. Serve at once. Boiled or sterilized water should be used.

#### ORANGEADE.

One orange.

One teaspoonful of sugar.

One cup of water.

Wash and wipe the orange. Squeeze the juice into the sugar. Add the cold water, previously boiled. Strain and serve.

#### EGG-SOUP.

One egg.

Two teaspoonfuls of sugar.

One cup of milk.

Salt, to taste.

Beat the egg up till light. Add sugar and salt and then the milk, which is better when not too cold. With the addition of one or two tablespoonfuls of brandy this makes a very strengthening drink for convalescents.

#### EGG-LEMONADE.

One egg.

One small lemon.

Two teaspoonfuls of sugar.

Beat up the white and yolk of the egg separately; add sugar to yolk. When both are light, mix them together and add the strained juice of the lemon. Pour into a glass and serve with a spoon.

A little cold water may be added if the beaten egg is too foamy.

#### SHERRY AND EGG.

One egg.  
One teaspoonful of sugar.  
Two tablespoonfuls of sherry wine.  
Break the egg into a bowl and add the sugar.  
Beat the two together until they are thoroughly mixed. Add two tablespoonfuls of sherry wine and an equal quantity of cold water. Mix thoroughly, strain, and serve immediately.

#### TOAST WATER.

Toast three slices of soft bread till very brown and dry throughout. Break up fine, add one pint of boiling water, and set aside for fifteen minutes. Turn into a strainer or piece of gauze and strain. The water thus obtained may be used plain or a little sugar or condensed milk may be added. It may be served either hot or cold.

#### COFFEE.

To each cup of water allow one tablespoonful of coffee, freshly roasted and ground. Have the water boiling. Mix the coffee with a little cold water and pour it into the boiling water.

Let the whole come to a boil and then set aside for five or ten minutes to steep and settle before using. If muddy it may be cleared by boiling with egg shells, or, in their absence, by a dash of cold water. Add sugar and milk to flavor as desired.

#### TEA.

To each half pint of boiling water add one teaspoonful of tea. Let it steep or infuse for five minutes. Never let tea boil. Add sugar and milk to flavor as desired.

#### BEEF JUICE.

Cut a lean piece of steak, from the round or other good portion, about one half pound in weight. Remove all fat and fibrous tissue. Broil over a clear, hot fire so that it becomes pink and full of juice. It should not be merely done on the outside and raw inside. Cut into small pieces and squeeze out the juice. Add a little salt and it is ready to serve.

If it is needed warm, place the cup holding the juice in a bowl of warm water. Do not let the temperature of this water exceed 160° Fahrenheit.

#### BEEF JUICE BOTTLED.

Choose a good, well-flavored piece of beef, half a pound in weight. Cut away the fat,

leaving only the lean. Cut this up into small pieces. Put it into a clean glass jar, and cover the latter. Set the jar in a deep saucepan of cold water and heat gradually for one hour. Then strain out the juice and press the meat. Add a little salt, and serve.

If the temperature of the water exceeds  $160^{\circ}$  Fahrenheit, the beef juice becomes brown and lumpy. A half pound of beef should give from three to four tablespoonfuls of juice.

#### BEEF TEA (BOTTLED).

Select and prepare the beef as for bottled beef juice, except that to each half pound of meat a cup of cold water should be added, pouring the water over the beef after it has been put in the jar. The liquid thus obtained will resemble the beef juice in every respect except strength. Add a little salt and serve.

#### BEEF TEA WITH HYDROCHLORIC ACID.

Select and prepare the beef as above. Put in a bowl and pour over it one cupful of cold water, to which five drops of dilute hydrochloric acid have been added. Let the whole stand for two hours in a cool place. Strain, add salt to flavor, and serve cold. This tea may be heated, but the albumen which coagulates and

appears as brown flakes should not be strained out, for it is the nutritious portion of the tea.

#### BEEF OR MUTTON BROTH.

One pound of lean beef (or mutton).

One quart of water.

One teaspoonful of salt.

Soak the meat, previously chopped fine, in the cold salted water for at least two hours, in the vessel in which it is to be cooked, keeping it on ice or in a cool place during this time. Then expose to moderate heat. Keep the vessel covered and allow the broth to simmer, keeping up the original quantity of water, for three hours at least. Let it cool over night, skim off the fat in the morning, and keep covered in a cool place until needed. Heat and serve as required.

#### CHICKEN BROTH.

Fowls are better to use for broth than young chickens. Pluck and prepare by singeing with a blazing newspaper, straw, or dry grass. Remove all refuse—entrails, oil-bag, crop, lungs, etc. Wash well in cold water; then cut up and disjoint. Put one pound of chicken into a quart of cold salted water and simmer for two hours; then boil for two hours. Add rice



or powdered hard-bread or soft bread crumbs in the proportion of one tablespoonful to each quart of water. Vegetables, such as onions, garlic, carrots, celery, and parsley may also be used, a tablespoonful to the quart, and should be put in when the broth is first put on to cook. Strain, remove the fat and serve hot.

#### CANNED SOUPS.

To render canned soups ready for eating, simply raise them to the boiling point either by immersing the cans in boiling water for half an hour to thoroughly heat the contents, or by emptying and heating the same in a granite saucepan. After diluting with the proper amount of water, following directions on the cans, they are ready to serve. Before heating any canned article a hole should be punctured in the upper end of the can.

#### CLAM BROTH (CANNED).

This may be served hot or cold. If the broth is desired plain, simply heat to the temperature required. Do not boil. It can also be given iced; and if fresh milk is available, use equal parts of milk and clam juice, heated.

**SEMI-SOLID, OR LIGHT DIET.**

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**POACHED EGGS.**

Pour sufficient boiling water into a clean cooking utensil and add salt in the proportion of one teaspoonful to the quart of water. Place it on the stove to boil. Break a fresh egg into a small dish and when the water boils slide the eggs gently into it. When the albumen or white is firm, or at the end of two minutes, lift the egg out of the water with a skimmer and place on a piece of hot, nicely browned toast or hard-tack. Sprinkle with a little salt and pepper and serve hot.

**SOFT COOKED EGGS.**

Put into a saucepan as many eggs as are to be cooked. Pour over them water enough to cover. The water should have been brought up not quite to the boiling point. Let the eggs stay in the water from seven to ten minutes and the result is an evenly cooked egg throughout. When the water is poured on the eggs do not set the pan on the stove. No further heating is required, but the water should not be allowed to cool down too rapidly.

## BOILED EGGS.

Carefully put into boiling water as many eggs as are to be cooked. For soft boiled eggs leave in three minutes and then at once remove. For hard boiled eggs boil from seven to ten minutes.

## OMELET.

Two eggs.

Two tablespoonfuls of milk, cream, or water.

One-fourth tablespoonful of salt.

Pepper, to taste.

Beat up the yolks and whites separately. Add the salt to the yolks. Mix the whites and yolks together with the milk, cream, or water. Place a small piece of butter or bacon fat in a pan or plate hot enough to melt it. Pour in the omelet and with a sharp knife loosen the edges and fold over into a half circle. When done, turn out on a plate and serve hot. When milk can not be had water may be used.

Spanish omelet has minced onion added to the above. An excellent addition to the plain omelet is a dressing made of canned tomatoes and boiled crumbled hard-bread, strained, seasoned, and heated together. Never use flour in an omelet, as it can not be cooked sufficiently in the short time that should be given to eggs.

## BAKED CUSTARD.

One pint of fresh milk.

Two eggs.

One-third teaspoonful of salt.

Two tablespoonfuls of sugar.

Small piece of cinnamon.

Put the cinnamon in the milk and pour into a saucepan to heat. Break the eggs into a bowl with the sugar and salt and beat until well mixed but not light. When the milk comes to a boil pour it over the eggs. Stir slowly to dissolve the sugar. Strain the mixture into cups, set them in a deep pan of boiling water and bake for twenty minutes in a moderately hot oven.

## DRY TOAST.

Cut the bread in slices one-third of an inch in thickness. Toast may be made either by drying bread in an oven and then placing in toaster over fire; or the bread may be allowed to dry and brown in the oven. Toast that is moist and soft in the middle should never be given an invalid. Have it dry, crisp throughout, and of a golden brown in color. Serve hot, either dry or buttered.

## MILK TOAST.

Put a cup of milk into a saucepan and let it heat to the boiling point. Have ready three

slices of nicely browned toast. Put a little salt in the milk and pour it over the toast. A little butter may be spread on the latter, but it is a more delicate dish without it. Serve hot.

#### OATMEAL PORRIDGE.

Three tablespoonfuls of oatmeal.

One pint of boiling water.

One-fourth teaspoonful of salt.

Cook for two hours in a double boiler.

Oatmeal is very appetizing when served cold in mold shapes, and it will frequently be eaten in this way when it would be refused if served in any other form. Variations may be made by using farina, browned rice (browned in the oven before steaming and molding), arrowroot, etc., giving further change by serving occasionally with sweetened fruit juices, fresh, dried or canned, instead of cream or milk.

#### OATMEAL MUSH.

One cup of oatmeal. (Rolled oats.)

Three cups of boiling water.

One teaspoonful of salt.

Pick over the oatmeal before using. Boil for half an hour. Coarse oatmeal requires from two to three hours cooking. Salt should be added to the water before the oatmeal is put in.

## FARINA MUSH OR PORRIDGE.

Three tablespoonfuls of farina.

One pint of boiling water.

One-half teaspoonful of salt.

The water must be boiling before putting in the farina. Boil for half an hour. It may be served with fresh milk, or condensed milk diluted one to four parts of boiling water, or with stewed dried fruit, such as prunes, peaches, or apples. Cold farina mush may be sliced and fried for the use of convalescents.

## PLAIN BOILED RICE.

One-half cup of rice.

Two cups of boiling water.

One-half teaspoonful of salt.

Pick the rice clean. Wash thoroughly in two waters, pouring off the last when ready to put the rice into the boiling water. Pour in the rice and boil steadily for half an hour. In order to see if the rice is done take out some of the grains and crush between the fingers. If done it will mash easily and feel perfectly soft. Do not stir the rice, as this will cause it to fall to the bottom and burn. Serve with sugar and fresh or condensed milk, or with stewed fruits.

## STEAMED RICE.

Wash the rice thoroughly in two waters. Use in same proportions as are given for boiled rice. Use a double boiler. Have the water boiling in lower boiler. Place the above mixture of rice, boiling water, and salt in the upper chamber and let cook for one hour. Do not stir. Keep the rice covered while steaming, and keep the lower boiler well supplied with boiling water. Serve as with boiled rice.

## MILK PORRIDGE.

The flour for milk porridge should be prepared in the following manner: Tie up in a muslin bag or a towel as much flour as desired and boil for four or five hours; then bake until dry in an oven. To make the porridge grate two tablespoonfuls of the dried flour, mix it with cold water into a paste and add to it one pint of boiling milk or boiling water. Boil for ten minutes. If water alone is used to make the porridge, condensed or fresh milk may be used in addition, in equal parts or diluted one-half with water.

Condensed milk used in this recipe is made in the strength of one part of condensed milk to four of water. Salt is added in the proportion of one teaspoonful to the quart of boiling milk or water.

## LEMON JELLY.

One-fourth box of gelatine.

One-fourth cup of cold water.

One-fourth cup of fresh lemon juice (about the amount yielded by two lemons).

Three tablespoonfuls of sugar.

One and one-fourth cups of boiling water.

Put the gelatine to soak in the cold water, about twenty minutes being required for this process. When dissolved pour on the boiling water. Add the lemon juice and sugar. Stir thoroughly and strain through a fine-meshed cloth into a china or granite-ware mold, cooling in a refrigerator or by placing in a pan of cold water. Never use tin molds for lemon jelly.

## COFFEE JELLY.

One-fourth box of gelatine.

One-fourth cup of cold water.

One cup of boiling water.

One-half cup of strong coffee.

Two tablespoonfuls of sugar.

Soak the gelatine in the cold water for half an hour. Pour on the boiling water, then put in the sugar and coffee. Strain it through a cloth into a mold or dish in which it may be cooled, either in a pan of iced water or in a



refrigerator. Coffee jelly may be served with cream and sugar.

Have the coffee strong, two tablespoonfuls of coffee to each cup of water. Where vanilla extract is available, one-half teaspoonful will be advantageously added to the above recipe.

#### WINE JELLY.

One-fourth box of gelatine.

One-fourth cup of cold water.

One-half cup of sugar.

One-half cup of sherry wine.

One and one-fourth cups of boiling water.

One small piece of cinnamon.

Put the gelatine and cold water together in a dish large enough to hold the whole mixture. Let it soak for half an hour; then pour the boiling water (in which the piece of cinnamon has been simmering) over the softened gelatine. Add the sugar and wine, strain through a clean cloth into a china or granite-ware mold, and cool it in a refrigerator or a pan of cold water.

#### STEWED PRUNES.

One pint of prunes.

One and one-half pints of water.

One-fourth cup of sugar.

Juice of one lemon.

Soak the prunes for fifteen minutes in warm water to soften the dirt. Wash carefully, rejecting those that feel granular or are worm-eaten. Stew them in the sugar and water in a covered saucepan from one to two hours, or until tender. The fruit should be plump, soft, and tender to the stone. As the water evaporates restore the amount so that there will be as much at the end as at the beginning of the cooking. Add the lemon juice before taking off the fire. Cook, and serve.

#### STEWED DRIED APPLES, APRICOTS, OR PEACHES.

Wash the fruit thoroughly. Soak for four or five hours in the cold water it is to be cooked in, using only a sufficient quantity of water to cover. Heat in a covered granite-ware saucepan, simmering slowly for two hours. Do not boil. If the fruit is allowed to simmer it will not burn or need stirring, which breaks it up and makes it look unsightly. Apricots need plenty of sugar, but this should not be added until five minutes before taking off the fire. Lemon juice or lemon peel may be added to poorly flavored apples, a tablespoonful of the juice or the peel of half a lemon to the

ound of fruit; or spices may be used for flavoring. The use of brown sugar is to be preferred for this purpose because of the better flavor which it gives.

#### STEWED RAW APPLES.

Wash, pare, and core three apples (tart are best); put them into a saucepan with a cup of water and two tablespoonfuls of sugar, and stew gently till they are soft, but not broken. A tablespoonful of lemon juice may be added before they are taken from the fire if the apples are poor in flavor. A bit of lemon peel, cinnamon, or cloves is also a good addition.

Any wholesome acid fruit can be prepared in about the same manner.

#### BAKED APPLES.

Select fair, sound, and preferably tart apples. Wash and wipe them and cut out the cores, removing all the seeds and husks. Cut off any dark spots on the outside. Put the prepared apples into a granite or earthen ware dish. Put into each apple from one-half to one teaspoonful of sugar, according to the acidity of the fruit, and a bit of lemon peel. Pour boiling water into the dish about one-fourth inch deep and bake in a moderately

hot oven. When perfectly soft all through the fruit is done. The time for baking varies, according to the species of apple, from half an hour to two hours.

#### CANNED FRUIT, SERVING OF.

Remove from cans several hours before using and put in porcelain or granite-ware dish to cool. Canned fruit is much improved by cooling, being more palatable and refreshing than if served direct from the can. Never allow fruit to remain in cans when once opened. This applies particularly to very acid fruit, and also to meats, fish, or vegetables.

#### BAKED POTATOES.

Have the potatoes of a uniform size, so that all may be done at the same time. Wash them thoroughly and bake in a hot oven from forty-five to fifty minutes. They are recognized as being done by the soft, yielding sensation given on pinching.

#### ROASTED POTATOES.

Bury under the hot ashes of an open fire (camp) for half an hour or more. Break open by squeezing. Brush the ashes off first.

**BOILED POTATOES.**

Wash the potatoes well. Pare carefully so as not to waste. Put them on to cook in boiling salted water, enough to cover, and let boil for thirty minutes. It requires more time for large size potatoes. When easily pierced by a fork they are done. Drain off the water and dry them on top of the stove by moving the boiler back and forth for a minute or two. Serve as quickly as possible after they are cooked.

**MASHED POTATOES.**

Prepare as for boiled potatoes. When cooked drain off the water and mash in the dish in which they were boiled. Add butter, pepper, and salt, to taste, and lastly put in a little milk or cream. Whip up lightly and serve immediately. Keep the dish covered until served.

**SCRAPED BEEF.**

Cut a piece of steak from the round, about half a pound in weight and about an inch thick. Lay it on a clean meat board and with a sharp knife scrape off the pulp until there is nothing left but stringy fiber. Season the scraped pulp with salt and make it into small cakes. Broil for two minutes either by direct heat over a clear fire or by heating a clean pan

or plate and, when hot, placing the meat on it. Have both sides cooked sufficiently. This is a safe way for a patient to begin taking solid food. Scraped beef may be prepared very easily over an alcohol lamp.

#### BROILED BEEF (STEAK).

Have a clear, hot fire, either coal or charcoal. Put the steak on a broiler, place directly over the fire for about a minute, then turn and do same with other side. By applying greater heat at the outset the juices are kept in the meat. It requires from five to seven minutes over a clear fire to broil a steak an inch thick. Season both sides with salt and a little pepper, but no butter. Serve hot. A baked potato is a good vegetable to serve with the above, as is also boiled rice.

Another good way to broil steak is to heat a granite-ware plate on a stove till it is quite hot. Place the steak on it till one side is done; then turn it and do same with other side.

#### STEWED CHICKEN.

Boil a chicken, prepared as for broth, until tender. Set it away till it is cool. Skim off the fat; take the meat and cut it up in cubes

small pieces, rejecting all skin, gristle, tendons, and bones. To one cupful of the meat add one pint of the broth, seasoning with salt and pepper. Mix one teaspoonful of flour with a little cold water; blend it thoroughly, and add it to the chicken. Let it stew for ten minutes, and serve with toast or boiled rice.

#### MINCED CHICKEN ON TOAST.

Prepare the chicken as for broth. When cool, skim off the fat and cut up the meat fine, rejecting all skin, tendons, gristle, and bone. Season with salt and a little pepper. Add enough broth, or, better yet, cream, if available, to make it of the proper consistency, or about that of cream. Have ready some nicely-browned dry toast, pour the minced chicken over it, and serve hot.

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#### THE HOSPITAL STORES.

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##### BEEF EXTRACT (LIQUID).

To half a pint of cold, sterilized water add half a teaspoonful to one teaspoonful of the liquid extract. Mix thoroughly; season with salt and pepper to taste, and, if obtainable, with celery salt.

Where a hot beef tea is required the above preparation may be heated, care being taken not to remove the nutritious curdy flakes produced by boiling.

#### MALTED MILK.

Mix one or two tablespoonfuls of malted milk with a like quantity of warm, boiled water. Add more water to make up half a pint. Season with salt to taste.

Boiling water can not be used to advantage in making up this preparation.

#### CHOCOLATE.

Grate one ounce of chocolate. Have ready one pint of boiling milk. Mix the grated chocolate with some hot milk into a paste, add it to the boiling milk and boil five or six minutes. Flavor with sugar, one teaspoonful to the pint. If fresh milk is not available, make the chocolate with boiling water and add one teaspoonful of condensed milk to each half pint of chocolate.

#### ARROWROOT BLANC-MANGE.

Two tablespoonfuls of arrowroot.

Two-thirds pint of hot water.

Two tablespoonfuls of sherry or brandy.

Two teaspoonfuls of sugar.



Mix the arrowroot into a smooth paste with three tablespoonfuls of cold water. Add this to the hot water. Bring to a boil, stirring constantly till well blended and free from lumps. Let boil for ten minutes. Add the sugar and sherry or brandy. Beat up quickly and pour into a bowl or mold to cool. Arrowroot blanc-mange may be made with fresh hot milk or condensed milk diluted. If boiling water is used it causes the starch of the arrowroot, when first poured in, to form into lumps. Hence it is best to have the water not quite at boiling point.

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### THE RATIONS.

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#### HARD-BREAD TOAST WATER.

Two tablespoonfuls of powdered hard-bread.  
One pint of boiling water.  
One-half teaspoonful of salt.  
Add the powdered hard-bread, after toasting or parching in an oven, to the salted boiling water. Boil for ten minutes. Strain through gauze and serve hot or cold. The toast water may be flavored with sugar, condensed milk, or whisky.

**HARD-BREAD GRUEL.**

Four tablespoonfuls of powdered hard-bread.

One pint of boiling water.

One-half teaspoonful of salt.

Prepare in the same manner as the hard-bread toast water.

**HARD-BREAD MUSH OR PORRIDGE.**

One cup of powdered hard-bread.

Four cups of boiling water.

One teaspoonful of salt.

Mix and boil for twenty minutes. The mush may be eaten with condensed milk or stewed dried fruit.

Care should be taken to prevent scorching by frequent stirring; and the water should be boiling in all cases before adding the powdered bread.

**HARD-BREAD AS MILK TOAST.**

Toast two or three pieces of hard-bread to a good brown color by placing in an oven or over clear fire on a toaster. When done pour enough boiling water over them to soften thoroughly. Dilute two tablespoonfuls of condensed milk in four times as much boiling water. Drain off the water from the toasted bread and pour on the milk. Serve hot.

**HARD-BREAD AND DRIED APPLES (BROWN BETTY).**

Soak the dried apples for at least four hours. Grease a baking pan or dish and place in it first a layer of sliced apples, then a layer of hard-bread crumbs, or whole hard-bread softened in boiling water for ten minutes, with small quantities of butter or fat pork and sugar, and ground cinnamon sprinkled over each layer. Continue till the dish is full, having bread crumbs for the top layer. Moisten with a cup of water, or fresh or diluted condensed milk, and bake for three-quarters of an hour in a moderately heated oven. When a fork easily pierces the apples the pudding is cooked. It can be eaten hot or cold with butter and sugar creamed together and flavored with cinnamon or nutmeg; with a simple sirup of sugar and water, or with the following sauce:

**SAUCE FOR HARD-BREAD PUDDING.**

- One pint of boiling water.
- One tablespoonful of flour.
- One-half cup of sugar.
- One lemon.

To the water add the flour, mixed into a paste with three tablespoonfuls of cold water. Boil

for ten minutes. Add the sugar and lemon juice, strained; or other flavoring to taste.

#### BACON, BROILED.

Wash in cold water. Cut in thin slices and broil over clear coals either on a broiler or with a fork over a charcoal fire. Serve immediately.

#### BACON, FRIED.

Cut in thin slices after washing, roll in hard-bread crumbs and fry in a very hot pan which has been greased. Season with pepper and serve immediately. The bacon may be fried without the bread crumbs, if preferred.

#### BACON, BOILED.

Wash the bacon in cold water. Scrape and trim off any rusty or brownish spots, and if very hard or dry, soak for a few hours in cold water. Put it on to cook in enough cold water to cover it well, let it come slowly to a boil and then boil steadily until done. As the water evaporates or boils away replenish it with more boiling water. When the bacon can be easily pierced with a fork in the thickest part it is done. Save the fat, it will be useful in frying; and if greens are to be cooked leave enough in the water to season them.

**CANNED ROAST BEEF, SOUP.**

One pound (one-half can) of roast beef.

One pint of cold water.

Salt and pepper to taste.

Cut the beef into small pieces and add it to the cold water. Let it come to a boil and then simmer gently for half an hour. Skim off the fat and strain, taking care to express all the meat juice and gelatine from the meat. Season with salt and pepper to taste. A little beef extract, when added to the above, improves the value and palatability of this soup. A tablespoonful of hard-bread, powdered, may be added if rice or other grains are not available.

**CANNED ROAST BEEF, STEW.**

Two pounds of canned roast beef.

Six small potatoes.

One onion.

Salt and pepper to taste.

Wash, peel, and slice the vegetables. Cover them with sufficient boiling salted water. Put them on to boil and when nearly done add the roast beef, well cut up. Season to taste with pepper and salt, and let the whole simmer ten or fifteen minutes before serving. If potatoes are not to be had, hard-bread, crumbed and

softened in boiling water, may be used with the meat. Canned tomatoes in varying proportion make a good addition to the stew as already described. In the absence of any other vegetables they may be added to the meat in the proportion of pound for pound.

#### CANNED ROAST BEEF, HASH.

Two pounds of canned roast beef.

Six boiled potatoes, small.

One onion.

Pepper and salt to taste.

Chop up the meat and vegetables thoroughly. Mix well. Season with pepper and salt and brown in a hot dish or frying pan, previously greased with pork or bacon, in an oven or over the fire. When potatoes can not be obtained a very good hash may be made by the use of softened hard-bread or boiled rice in their place.

#### CANNED SALT BEEF, STEW.

Cut up the contents of a two-pound can. Cover with cold water and bring to the boiling point. Then add vegetables as directed for roast beef stew. Season with pepper, but add no salt. Stew for three quarters of an hour.

## CANNED SALT BEEF, HASH.

Two pounds (one can) of salt beef.

One cup of hard-bread crumbs.

One onion.

Bacon fat or beef fat (about the size of an egg).

Water, or soup stock.

Pepper and salt.

Chop up the beef. Add the bacon fat or beef fat, and add sufficient water or soup stock to moisten the whole. Season with pepper and a very little salt. Parboil the onion, chop it up and add it to the mixture. Put into a frying pan or mess plate and brown on both sides. If desired, the onion may be fried before adding it to the hash.

## RICE PUDDING.

Two tablespoonfuls of rice.

One tablespoonful of sugar.

One pint of fresh milk.

Nutmeg or cinnamon as flavoring.

Wash the rice and cover with the milk, previously sweetened and flavored. Set in a moderately hot oven. Stir every fifteen minutes during the first hour and then once at the expiration of the next half hour. Let bake two hours and until brown top forms. This gives a creamy, slightly brown pudding.











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